



Clay Community Health Happenings



Nancy J. Mills, Administrator

February 2012

904-529-2800

Clay County Health Department News

Health Department *Step-Up* 5K and St. Vincent's Fun Run Challenge benefit schools.



The 6th annual *Step Up* 5K and St. Vincent's HealthCare Fun Run exceeded expectations on Saturday, February 4th with more than 5,000 in the 5k and 3,277 finishers in the fun run. Nearly \$5,000 was awarded to elementary schools to benefit fitness and physical activity initiatives. There were 16 schools who received from \$250 to \$125 in this challenge. Oakleaf Village Elementary topped schools with 411 participants. Aetna Insurance sponsored a challenge for Clay County Schools who had the highest staff participation in the Aetna Step into Motion Challenge. These schools won money for employee wellness initiatives. Winners were Swimming Pen Creek with 52% of staff members participating, followed by Lakeside Elementary with 42% and Oakleaf Village with 32% staff.

This is a free event and funded entirely from the generosity of community sponsors and the Clay County Health Department. "We were amazed at the unprecedented turn out of enthusiastic participants and very appreciative for the sponsors, volunteer and partner agencies that made the event so special," stated Nancy Mills, Health Department Administrator. "Activities like *Step-Up* that promote healthy lifestyles for families and individuals are so important to our county. I am hopeful we will be able to muster the resources to hold another *Step-Up* event in 2013."

This year included a new location and course in Oakleaf Plantation. Runners had the excitement of finishing in the Oakleaf High School athletic stadium, where they were greeted with refreshments provided by Publix and over 23 vendors representing fitness products, services and local businesses. Local SWAT (Students Working Against Tobacco) student activists highlighted tobacco industry predatory marketing towards youth with national partner "Forget Tobacco". "Forget Tobacco" hosted the kid's fun zone complete with pirate ship and obstacle course blow up and activities.



More photos at:
<http://photos.jacksonville.com/mycapture/category.asp?eventID=1408833&CategoryId=36902>

What's Going Around?

Clay CHD Epidemiology staff has recently investigated several clusters/outbreaks of Norovirus. Norovirus is commonly referred to as the "stomach flu". It is highly contagious, and illness has a sudden onset. Symptoms include nausea, vomiting, diarrhea, vomiting, stomach cramps, and/or headache. The symptoms usually last 1-2 days. People become sick by touching surfaces or objects infected with the virus or by having direct contact with a sick person infected with Norovirus.

Some healthy tips:

- Do not share eating or drinking utensils.
- Stay home from work or school when sick.
- Cover coughs and sneezes.
- Wash hands frequently and for the recommended 20 seconds.



Clay County Health Department
PO Box 578
Green Cove Springs, FL 32043-0578



Clay Community Health Happenings

Nancy Mills, Administrator

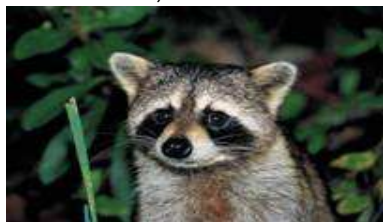
February 2012

cont'd

- Avoid close contact with people who are sick.
- Eat a well balanced diet.
- Get plenty of exercise.
- Get a yearly flu shot.
- Contact your health care provider as needed for health care or questions.

Rabies Strain Identified in Rabid Dog

In November 2011, Clay CHD reported a laboratory confirmed rabid dog. This dog was unvaccinated and located in a rural part of Clay County. The Centers for Disease Control (CDC) report that canine (dog) rabies has been eradicated in the U.S. However, animals, including dogs and cats, can be infected with rabies from high risk animals such as raccoons, fox and bats. The laboratory specimen from the rabid dog was sent to Kansas State University for further testing and identification of which animal strain of rabies the dog was infected with. Final test results have been received and it has been identified as a raccoon strain of rabies. Residents and visitors in Clay County are reminded to keep their animals up to date on rabies shots to avoid infection with rabies from wild animals such as raccoons, fox or bats.



SCHOLARSHIP AVAILABLE THROUGH NORTHEAST FLORIDA COUNTS

The Change Agent Leadership Scholarship (CALS) is funded and awarded by the Partners of Northeast Florida Counts - a health-related quality of life data initiative of the Health Planning Council of Northeast Florida (501c3). The CALS award is a one-year, non-renewable scholarship in the amount of \$2,500.00 to help defer educational costs for a period of one year's matriculation at any accredited two or four year College or University. Two \$2,500.00 CALS will be awarded each year. Each scholarship recipient will also be invited to and recognized at the Health Planning Council's Annual Meeting in October 2012.

The CALS determination is not based on the student's financial need or grade point average but rather on the student's visionary aptitude and leadership ability to create a plan to transform a Northeast Florida community of their choosing into a vibrant and healthy place to live, work, and play. Interested candidates of the CALS scholarship are NOT limited to students seeking health-related degrees. Students interested in pursuing degrees other than health-related degrees are strongly encouraged to apply at:

<http://www.nefloridacounts.org/modules.php?op=modload&name=Article&file=articles&article=30090>

CALS is supported by Clay County Health Department and other partners.

Northeast Florida Counts (www.nefloridacounts.org) is a dynamic one-stop source of health and quality of life data that provides easy to understand health, environmental and other sustainability indicators for Northeast Florida. This innovative website also links its visitors to promising practices and resources that encourage and promote informed community action. The site serves as a road map for collaborative community improvement by highlighting where we have been, our current status, and directing where we need to go. It is intended to help planners, policy makers, community members and students learn about health related issues and identify improvements. It is an invaluable tool for conducting community assessments, strategic planning, collaboration, community capacity development, grant development, and advocacy efforts.



NORTHEAST FLORIDA
COUNTS



Clay County Health Department
PO Box 578
Green Cove Springs, FL 32043-0578

